

Unit//Level: Reduce Your Risk of Cancer
Objective
<p>Ps will learn the 5 ways you can reduce your risk of cancer Ps will practice vocabulary around reducing your risk of cancer</p> <p>NOTE TO FACILITATOR Depending on the level of your Ps, this topic could be spread a number of sessions/weeks. Here is a suggested schedule for 6 weeks: Session 1 – Intro to the 5 steps, and today we’re going to talk about Move/Exercise Session 2 – Review Move/Exercise, then introduce Healthy Eating Session 3 – Review healthy eating, introduce Avoid Nicotine products Session 4 – Review Avoid Nicotine, introduce Protect against the Sun Session 5 – Review Sun protection, introduce Get Checked Session 6 – Review all the 5 ways to reduce your risk.</p>
Materials
<ul style="list-style-type: none"> • FACILITATOR REFERENCE – Important facts about the 5 Steps to reduce your risk of cancer. (Foundation & Beginner) • FLASHCARDS – Things you can do to help reduce your risk of cancer (Foundation & Beginner) • HANDOUT – UV Index • WORKSHEET – Sunscreen Label
Step 1 Warm Up (15 minutes)
<p>Introduce the idea of reducing your risk of cancer</p> <ul style="list-style-type: none"> • Write “Cancer” on the board – ask if they know this word. Do they know anyone who has had cancer? It used to be a very ‘bad’ word. People didn’t even like to say it. Now because of research and medicine, cancer can often be treated. • Put any new words on the board that relate to the topic you are covering today, like: exercise, active, nutrition, nicotine, second-hand, UV Rays, SPF, screening • Tell Ps they are going to learn about how to reduce your risk of cancer.
Step 2 Work out (30 minutes)
<p>Learn about Reducing Your Risk of Cancer:</p> <ol style="list-style-type: none"> 1. Be Active/Exercise – some cancers are related to body weight. Making sure you move every day can help reduce the risk of cancer. It can also help reduce stress, increase energy levels and improve your outlook on life. Staying active doesn’t need to mean running a marathon or spending hours at a gym. <p>PAIR WORK</p> <ul style="list-style-type: none"> - What sorts of exercise do the Ps do? Is it different to get in exercise here? (different climate?) - What is their favorite and least thing to do?

- What can you do with a friend?

GROUP – Shout to the Scribe

- Follow up by writing their answers on the board. Helps them learn about other countries.

- 2. Good Nutrition/Eat Well** – some cancers are related to unhealthy diets and some are a result of being over-weight.

PAIR WORK

- What are some examples of healthy foods?
- What are some examples of unhealthy foods?
- What are their favorite and least favorite vegetable, fruit,

GROUP – Shout to the Scribe

- Follow up by writing their answers on the board. Helps them learn about each other

- 3. Don't smoke or chew** nicotine and avoid second-hand nicotine smoke.

- In Canada it is against the law to smoke in many places.
- Refer to the Facilitator notes about the law that says where smoking is banned in MB and Winnipeg

GROUP – Shout to the Scribe

- Do people use nicotine products in Ps home countries?
- Are there laws against smoking?
- Smoke or chew?

- 4. Protect/Cover Up**

- UV Rays can increase the risk of skin cancer. Avoid the sun from 10-4 and seek shade, wear wide-brimmed hat and sun glasses; Use sunscreen SPF 30+

HANDOUT – UV Index

WORKSHEET – How to read a Sunscreen Label

- 5. Get Checked**

- Visit your doctor and dentist regularly.
- Pay attention to changes in your body.
- You know your body best. You'll know if something has changed.

Step 3 Cool Down (15 minutes)

Check their progress:

- Review what they have learned by asking various questions about Reducing your Risk
 - What are the 5 steps?
 - What single thing could they do every day to help keep themselves healthy (eat well, be active, wear sunscreen, don't use tobacco)
 - What should they do every year? (visit doctor and dentist)
 - Do they go for regular checkups?